



FOOD



# GOOD NEWS

SPRING, 2016

## Getting Trashy Once a Year

You've seen it on crime shows, but we see it live annually. Every year Arlington County inspectors stop by to look through the trash here at Good Food. They're making sure we're following county regulations for recycling and waste.

And...we always are, and we always pass inspection. We recycle a crazy amount of cardboard, paper, cans, and plastic bottles.

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*Family-owned, and  
cooking up healthy  
meals for schools since  
1979.*

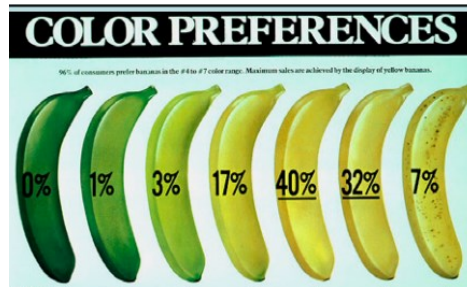
## The Differences in "d-o-n-e"

We get a lot of calls about the way certain foods look, and whether or not that food is really "done" or "ripe." While we'd love to settle on one answer for every item, it's just not possible.

What's "done" for one person is overcooked for another. A freckled banana is "yuck" for some, but perfect for someone else. You might like your cooked cheese a little crunchy on top, but your lunch mate may give you a funny look and an "Eeew!"

Here's what we shoot for every time - safety and consistency. We receive all our

fruit for a meal in one shipment, all in the same degree of "ripeness." We send it to you the day it is at its peak...not too hard, not too soft. Does it always hit the mark with everybody? You can guess...no.



*Check out how different people feel about "the perfect banana."  
(From a UC Davis study)*

For cooked food, it's safety first. And we make every effort to be consistent with the texture. Our famous mac-and-cheese should be slightly browned on top,

and often may be browned on the bottom as well. This gives everyone a bit of crunch and a lot of moist, cheesy yum.

## It Might Bug You, but It's No Big Deal

Nobody wants to find an uninvited guest at the table...especially when it's in your meal. But don't let it bug you too much.

A while back, one of our customers found a small (and very dead) bug in the peas we

delivered. Is it kind of gross? Sure. Does it happen often, and is it dangerous? Absolutely and unequivocally - no.

Here's the deal: vegetables are grown outside, not in a lab. They come from dirt, and

are harvested from plants, out in the open air. And our Earth is full of living things...like bugs.

Truthfully, occasionally finding one of your Earthmates on a veggie means less pesticides were used to grow food on that farm. And that's great!

For those harder to convince, even the FDA knows bugs are better than pesticides. They have a huge document that talks about just this thing.

*Note: Someone in Utah recently found a snake's head in a can of green beans. Now **that** is gross. [Read about it here.](#)*



## Judge a Driver by His Shirt

Pretty soon you'll see some of our drivers wearing special Good Food shirts. We have several employees who have been with us for more than 10 years, and we want to recognize their loyalty and dedication. And we want our customers to easily recognize them too.

So if your driver is wearing a black polo with our logo embroidered in gold, please give them a smile and a "Congratulations and thanks."



## Shepherding in a Great New Meal

It was no coincidence that we chose St. Patrick's Day to send out our latest new lunch entrée: Shepherd's Pie.

Turns out this traditional Irish dish is pretty popular with very young Americans as well. Of course, it's hard to go wrong with beef and mashed potatoes. But because we're all about Good Food, we made sure to keep the peas and carrots in there, too.

After rave reviews from kids *and* adults, we're happy to add this yummy dish to our menu.



*Does your facility have a "kiss and ride" or a drop-off area for parents? If so, maybe this could be just the ticket (pun fully intended) to help our drivers avoid a parking ticket!*

*Please let us know if you have insight into how to improve our deliveries to you.*

## These Tickets are No Party

In just one week last month, Good Food drivers received four parking tickets totaling nearly \$300. As the weather improves, the police are relentless in their pursuit of parking violations throughout the D.C. area.



Our van drivers usually don't have a lot of parking options, and they want to do their jobs well. So they're parking nearby and hurrying to get your food in the door to you. But if they see a meter monitor, they'll drive around the block again to avoid a ticket. Sometimes this causes a delay.

*If you have any tips or tricks to pass along about parking, please call us or talk to your friendly driver!*